

Milestones

At 7 months old, babies begin to:

- Try to start feeding him or herself
- Learn how to drink from a cup
- Sit upright by with support
- Clap, pull, bang, poke and grab things with his or her hands
- Develop an increase in memory and attention span

At 8 & 9 months old, babies begin to:

- Crawl around the house
- Use feeding time as play time
- Start drinking from a cup by themselves
- Drop and pick up toys
- Speak more clearly and make complete words like mama and dada.
- Watch and become interested in everything that occurs around them
- Move toys and small objects from one hand to the other
- Put everything that he or she sees into her mouth



At 10 & 11 months old, babies begin to:

- Use his or her fingers to pick up small things like food
- Try to pull up to a standing position by holding a piece of furniture
- Try to take a few steps with your help
- Recognize his or her name when you say it
- Recognize the difference between familiar and unfamiliar faces
- Imitate people's gestures and sounds
- Stack blocks and see them fall and stack them up again

Milestones

At 12 months old, babies begin to:

- Develop self-identity and independence
- Walk by himself
- Show a fear of strangers
- Cling to favorite toy or blanket
- Practice "talking" with adults
- Push caregivers' limits

Resources

The Children's Trust Helpline

211 or 305-631-4211

Early Steps

1- 800-654-4440

Injury Free Coalition for Kids of Miami

305-243-3928

www.injuryfree.org

Women, Infants and Children (WIC)

786-336-1333

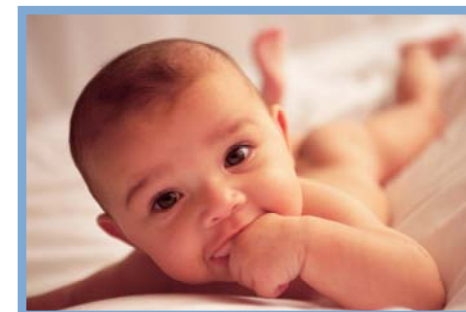


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What to Expect: Your Baby from 7 to 12 Months

Between the ages of 7 and 12 months, your baby will develop greater command of his motor skills. He will also begin to try solid foods and even attempt to feed himself. Your baby will begin to explore a growing curiosity of the world around him. As caretaker, it will be important to provide a safe environment during this stage when your child becomes more active.



Healthy Start Coalition
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Introducing Solid Foods

The American Academy of Pediatrics encourages exclusive breastfeeding for baby's first 6 months. By the time your baby is 7 months old, he or she may have already begun to show signals that indicate a readiness to graduate from a liquid diet to solids.

Some of the signs include:

- Proper head control
- Better tongue and mouth control. Your baby has an ability to eat without using his or her tongue to push the food out of the mouth.
- Be able to sit up with support. Your baby may not be ready for a high chair, but must be able to sit upright to swallow food properly.



First Foods

Most pediatricians advise weaning your baby with cereal first. The recommended cereal to try first is rice, because it is less allergenic than oatmeal, barley and mixed cereals.

As your baby gets used to eating food, you may begin to introduce new tastes such as fruits, strained vegetables and meats. Give your baby one new food at a time, waiting at least 2 to 3 days between new foods in order to detect any possible allergic reactions such as diarrhea, a rash or vomiting.

Within the first 2-3 months of starting solid foods, your baby's daily diet should include:

- Breast Milk or Formula
- Fruits
- Vegetables
- Meat
- Cereal

Keeping Baby Safe

Your baby's developing motor skills and curiosity is why safety is so important at this stage. Your home should be properly child-proofed and your baby should be supervised at all times to help prevent injury.

Some tips to a safe environment for your baby are:

- Put gates across stairways
- Keep breakable things out of reach
- Unplug appliances not being used
- Cover electrical outlets
- Remove detergents and cleaners from under the sink and put them on a high shelf
- Lock up medicines in the top cabinet of your bathroom
- Keep small objects away from children like nuts, buttons, and pins that can be deadly if your baby swallows them
- Going on the floor to baby's level to see what they see on the floor
- Do not buy toys with small removable parts, these can represent a potential choking hazard



Teething

Most babies have their first four teeth by 8 or 9 months.

When your baby starts teething, you may notice that he or she drools more and seems to want to chew on everything. For some babies, teething is painless. Others may experience brief periods of irritability, and some may seem cranky for weeks, experiencing crying episodes and disrupted sleeping and eating patterns.

How can I help relieve my baby's teething pain?

- Offer your baby a teething ring--avoid the ones with liquid inside because they may break or leak.
- Let your child chew on chilled wet washcloth.
- Rub the baby's gums with a clean finger.

Playtime is Brain Time!

With your baby not only allows for more bonding, but also promotes skill development. At this age, babies are developing social skills, language skills and motor skills. Some things you can do to play with your baby are:



- Play together in front of a mirror, your baby will begin to recognize his or her own image
- Play games like "Peek-A-Boo"
- Respond to your baby's "talk" by imitating the sounds he or she makes
- Read books or tell stories to your baby
- Go for stroller walks and point out the birds and animals you see along the way
- Sit on the floor and roll a ball with your baby
- Call out to your baby and encourage him to crawl or roll over to you
- Give your baby safe and interesting objects to shake, bang, open or close. Try safe-edged kitchen pots or plastic containers.